I claim:

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- 1. A method of forming a door assembly, said method comprising the steps of:
 forming a pair of hollow core stiles;
 forming a pair of rails;
 inserting a panel between the rails and the stiles;
 extending the panel into the rails and stiles; and
 interconnecting the stiles and the rails and the panel to form a stile and rail
 style door assembly.
 - 2. The method according to Claim 1, wherein said forming a pair of hollow core stiles comprises:

assembling a sub-frame from a pair of generally horizontally spaced frame members and generally vertically spaced frame members;

attaching door skins to a first side of the sub-frame and to a second side of the sub-frame to form a hollow core stile; and

forming at least two of the hollow core stiles.

- 3. The method according to Claim 2, wherein said assembling includes interconnecting the horizontally spaced frame members and the vertically spaced frame members with fasteners.
- 4. The method according to Claim 3, wherein said interconnecting comprises interconnecting the horizontally spaced frame members and the vertically spaced frame members with dowels.
- 5. The method according to Claim 4, wherein said attaching comprises adhesively bonding the door skins to the front and back sides of the sub-frame.
- 6. The method according to Claim 1, wherein said forming a pair of rail comprises forming at least one hollow core rail.

- 7. The method according to Claim 1, wherein said forming a pair of rail comprises forming a pair of hollow core rails.
- 8. The method according to Claim 1, wherein said inserting a panel comprises forming a groove in said stiles and said rails and inserting said panel into said grooves.
- 9. The method according to Claim 1, wherein said forming a groove in said stiles comprises forming a groove in an inwardly facing side of said sub-frame.
- 10. A paneled door assembly comprising:

 a pair of stiles, at least one of said stiles comprising a hollow core;

 a pair of rails interconnecting said stiles; and

 at least one panel extending into said stiles and rails and being supported

 between said pair of stiles and said pair of rails.
 - 11. The paneled door according to Claim 10, wherein said at least one stile comprises:

a pair of spaced apart generally vertical frame members, a pair of generally horizontal frame members interconnected with said vertical frame members to form a subframe, and door skins mounted over said sub-frame and secured to said sub-frame.

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- 12. The paneled door according to Claim 11, wherein an inwardly facing sides of said sub-frame receives said panel therein.
- 13. The paneled door according to Claim 12, wherein each of said stiles comprises hollow core stiles.
- 14. A paneled door assembly comprising:

 a pair of stiles, at least one of said stiles comprising a hollow core;

 a pair of rails interconnecting said stiles, at least one of said rails comprising a hollow core; and
- at least one panel extending into said stiles and rails and being supported between said pair of stiles and said pair of rails.

- 15. The panel door assembly according to Claim 14, wherein said at least one rail comprises a pair of spaced apart generally vertical frame members, a pair of generally horizontal frame members interconnected with said vertical frame members to form a subframe, and door skins mounted over said sub-frame and secured to said sub-frame, and an inwardly facing side of said sub-frame receiving said panel.
- 16. The panel door assembly according to Claim 14, wherein said stiles are interconnect with said rails by fasteners.
- 17. The panel door assembly according to Claim 14, wherein said fasteners comprise dowels.
- 18. A paneled door assembly comprising:
 - a pair of stiles;
 - a pair of rails interconnecting said stiles;
 - at least one panel supported between said pair of stiles and said pair of rails;
- 5 and

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- each of said stiles comprising a pair of spaced apart generally vertical frame members, a pair of generally horizontal frame members interconnected with said vertical frame members to form a sub-frame, and door skins mounted over front and back sides of said sub-frame and secured to said sub-frame, and inwardly facing sides of said vertical frame members receiving said panel therein to thereby from said door assembly.
- 19. The paneled door assembly according to Claim 18, wherein at least one of said rails comprises a pair of spaced apart generally vertical frame members, a pair of generally horizontal frame members interconnected with said vertical frame members of said rail to form a sub-frame, and door skins mounted over front and back sides of said sub-frame of said rail and secured to said sub-frame of said rail, and inwardly facing sides of said vertical frame members of said rail receiving said panel therein to thereby from said door assembly.
- 20. The paneled door assembly according to Claim 19, wherein said stiles and said rails are interconnected by fasteners.

- 21. The paneled door assembly according to Claim 20, wherein said fasteners comprise dowels.
- 22. The paneled door assembly according to Claim 20, wherein said stiles have hollow cores.
- 23. The paneled door assembly according to Claim 22, further comprising at least one insert in each of said hollow cores of said stiles.
- 24. The paneled door assembly according to Claim 23, wherein said inserts comprise at least one chosen from a group of corrugated cardboard and foam.
- 25. The paneled door assembly according to Claim 20, wherein said rails have at least partially hollow cores.
- 26. The paneled door assembly according to Claim 25, further comprising at least one insert in each of said hollow cores of said rails.
- 27. A paneled door assembly comprising:
 - a pair of stiles;
 - a pair of rails interconnecting said stiles;
 - at least one panel supported between said pair of stiles and said pair of rails;
- each of said rails comprising a pair of spaced apart generally vertical frame members, a pair of generally horizontal frame members interconnected with said vertical frame members to form a sub-frame, and door skins mounted over said sub-frame and secured to said sub-frame, and inwardly facing sides of said horizontal frame members

receiving said panel therein; and

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each of said stiles comprising a pair of spaced apart generally vertical frame members, a pair of generally horizontal frame members interconnected with said vertical frame members of said stiles to form a sub-frame, and door skins mounted over and secured to said sub-frame of said stiles, and inwardly facing sides of said vertical frame members of said stiles receiving said panel therein to thereby from said door assembly.